

Westport Center for Senior Activities

Zoom Classes Spring 2021/Apr.—May—June



The WCSA is pleased to offer classes on Zoom. **To register for any of the Zoom classes listed below**, the WCSA offers online registration at www.myactivecenter.com. Staff will also help you register over the phone or you may register by mail. You may pay by credit card or by check made out to WCSA and mailed to: Westport Center for Senior Activities, 21 Imperial Ave., Westport, CT. 06880. Please note: Some classes have limited space and will be filled on a first come first served basis. Registration is on—going and **all classes on Zoom require pre-registration**. There is a locked drop box located outside the front door of the WCSA for your convenience to drop off your checks and registration forms. Class descriptions are available on the WCSA website: <https://www.westportct.gov/government/departments—a—z/human—services/center—for—senior—activities>

WCSA Online Classes Spring 2021: Writing & Art	Instructor	Dates	Cost	Total sessions	No Class Dates
Bringing the Outdoors In, Thurs. 1:00 pm. <i>Limit 20</i>	Chris Goldbach	4/8—6/24	\$44	11	5/27
Drawing Mixed Levels, Thurs. 4:00 pm. <i>Limit 15</i>	Chris Goldbach	4/8—6/24	\$44	11	5/27
Drawing Flowers, Session I. Tues. 1:00 pm. <i>Limit 18</i>	Dick Rauh	4/6—5/11	\$24	6	
Drawing Flowers, Session II. Tues. 1:00 pm. <i>Limit 18</i>	Dick Rauh	5/25—6/29	\$24	6	
Pastels in Spring, Fri. 10:00 am. <i>Limit 12</i>	Lisa Arnold	4/9—5/21	\$28	7	
3—D Origami w/Nor, Wed. 10 am. <i>Limit 6</i>	Nor Smitobol	4/7—6/30	Free	13	
Continue to Play the Ukulele, Tues. 1:00 pm. <i>Limit 12</i>	Wendy Matthews	4/6—6/29	\$52	13	
Knit One Nibble One, Tues. 1:00 pm.	Ellen Lane	4/6—6/29	Free	13	
Advanced Writers Workshop, Tues. 10:30 am. <i>Limit 8</i>	Jan Bassin	4/13—5/25	\$56	7	
Advanced Writers Workshop, Tues. 1:30 pm. <i>Limit 8</i>	Jan Bassin	4/13—5/25	\$56	7	
Advanced Writers Workshop, Wed. 10:30 am. <i>Limit 8</i>	Jan Bassin	4/14—5/26	\$56	7	
Advanced Writers Workshop, Thurs. 10:30 am. <i>Limit 8</i>	Jan Bassin	4/15—5/27	\$56	7	
Advanced Writers Workshop, Thurs. 1:30 pm. <i>Limit 8</i>	Jan Bassin	4/15—5/27	\$56	7	
Write with Us!—Writing Prompt Workshop Wed. 2:00pm	Jan Bassin	4/14—5/26	\$28	7	

Westport Center for Senior Activities
Zoom Classes Spring 2021/Apr.—May—June
Zoom Classes Require Pre—registration



<u>WCSA Online Classes Spring 2021: Exercise</u>	Instructor	Dates	Cost	Total sessions	No Class Dates
Tai Chi Intermediate, Mon. 10:30 am.	Mari Lewis	4/5—6/28	\$48	12	5/31
Tai Chi Beginner's, Wed. 10:00 am.	Mari Lewis	4/7—6/30	\$52	13	
Tai Chi Advanced, Fri. 11:15 am.	Mari Lewis	4/2—6/25	\$52	13	
Weights in Motion, Mon. 9:30 am.	Shelley Moll	4/5—6/28	\$48	12	5/31
Zen Flow, Wed. 9:30 am.	Shelley Moll	4/7—6/30	\$52	13	
Cardio Strength, Fri. 9:30 am.	Shelley Moll	4/2—6/25	\$52	13	
Dance & Stretch, Tues. 2:30 pm.	Sandy Adamczyk	4/6—6/22	\$44	11	4/13,6/29
Strength Training, Mon. 1:00 pm.	Sandy Adamczyk	4/5—6/21	\$40	10	4/12,5/31,6/29
Strength Training, Wed. 10:00 am.	Sandy Adamczyk	4/7—6/23	\$44	11	4/14,6/30
Strength Training, Fri. 10:00 am.	Sandy Adamczyk	4/2—6/25	\$48	12	4/16, 5/28
Pilates, Mon. 3:15 pm.	Jeannie Labate	4/5—6/28	\$48	12	5/31
Pilates, Thurs. 10:45 am.	Jeannie Labate	4/1—6/24	\$52	13	
*NEW Yogalates, Tues. 9:00 am.	Jeannie Labate	4/6—6/29	\$52	13	
Yoga, Total Health, Mon. 8:45 am.	Denise O'Hearn	4/5—6/21	\$44	11	5/31
Yoga, Total Health, Wed. 8:45 am.	Denise O'Hearn	4/7—6/23	\$48	12	
Yoga, Total Health, Fri. 8:45 am.	Denise O'Hearn	4/9—6/25	\$48	12	
Yoga for Strength, Relaxation & Rejuvenation , Sat. 10:00 am.	Maria Vailakis—Wippick	4/3—6/26	\$52	13	
Yoga Very Gentle, Chair, Sat 11:15 am.	Maria Vailakis—Wippick	4/3—6/26	\$52	13	

Westport Center for Senior Activities

Zoom Classes Spring 2021/Apr.—May—June

Zoom Classes Require Pre—registration



WCSA Online Classes Spring 2021: Exercise	Instructor	Dates	Cost	Total sessions	No Class Dates
Yoga Beginning, Thurs. 10:00 am.	Maria Vailakis—Wippick	4/1—6/24	\$52	13	
Rise & Shine Yoga Thurs. 7:45 am.	Paula Schooler,RN	4/1—6/24	\$52	13	
Rise & Shine Yoga Sat. 8:45 am.	Paula Schooler,RN	4/3—6/26	\$52	13	
Yoga Wellbeing, Tues. 7:45 am.	Paula Schooler,RN	4/6—6/29	\$52	13	
Slow Flow Yoga, Thurs. 11:45 am.	Paula Schooler,RN	4/1—6/24	\$52	13	
Essentrics/Gentle Stretch Mon. 11:00 am.	Dyan DeCastro	4/5—6/28	\$48	12	5/31
Essentrics/Gentle Stretch Thurs. 10:30am.	Dyan	4/1—6/24	\$52	13	
Zumba Gold, Wed. 10:30 am.	Karen Liss	4/7—6/30	\$52	13	
Muscle & Tone, Tue. 10:00 am.	Judy Samuels	4/6—6/8	\$40	10	
Muscle & Tone, Thurs. 1:00 pm.	Judy Samuels	4/8—6/10	\$40	10	

WCSA Online Classes Spring 2021: Language/Wellness	Instructor	Dates	Cost	Total Sessions	No Class Dates
Intermediate French, Wed. 2:30 pm.	Nell Mednick	4/7—6/30	\$52	13	
Conversational French, Wed. 1:00 pm.	Nell Mednick	4/7—6/30	\$52	13	
Mindful Healing: Finding Peace in the Storm, Thurs. 11:00 am.	Dr. Paul Epstein	4/1—6/24	Free	13	
Parkinson's Support, Wed. 10:15 am.	Maureen & Alison	4 th Wed.	Free	3	
Just for Women, Thurs. 3:30 pm. <i>Limit 15</i>	Channe Fodeman	1st & 3rd Thurs.	Free	6	
Caregiver Support, Wed. 10:00 am.	Terry Giegengack	1st & 3rd Wed.	Donation Suggested	6	

Westport Center for Senior Activities

Zoom Classes Spring 2021/Apr.—May—June

Zoom Classes Require Pre—registration

WCSA Online Classes Spring 2021	Instructor	Dates	Cost	Total Sessions	No Class Dates
Afternoon Chat w/ WCSA Staff Tues. 3:30 pm.	Staff	3rd Tues.	Free	3	
Current Events, Fri. Noon	Jon Fox	4/2—6/25	Free	13	
Current Issues Mon. 10:30 am.	Art Gottlieb	1st & 3rd Mon.	Free	6	
Letting Go of Stress Wed. 1:30pm.	Deidre Ekholdt	1st & 3rd Wed.	Free	6	
Shelf Awareness Book Club Wed. 2:00 pm.	Jill Meyer	2nd Wed.	Free	3	